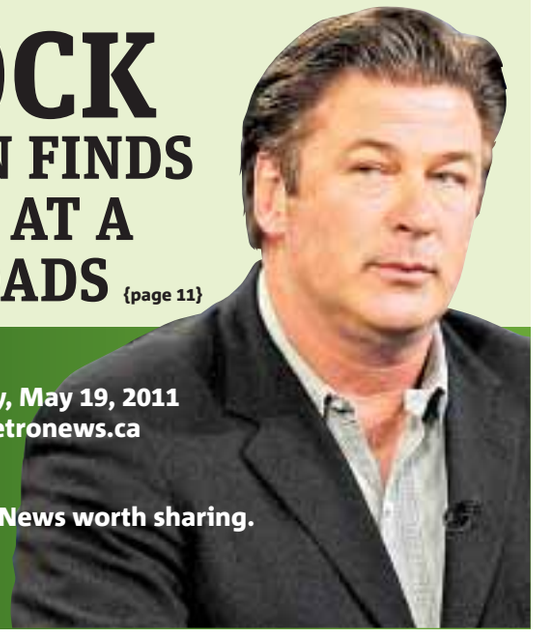
STEAK ON THE GRILL
WINE MARINADE AND GORGONZOLA SAUCE ADD THE THRILL {page 16}

THE QUILT OF BELONGING
MANY PANELS DEFINE A NATION {page 10}

A ROCK
BALDWIN FINDS HIMSELF AT A CROSSROADS {page 11}



WINNIPEG metro®

Thursday, May 19, 2011
www.metronews.ca

News worth sharing.

JAMES TURNER/METRO

▶ A Unicity taxicab speeds by an idle limousine at Richardson International Airport.

Cabbies unite against limos

Limo company asked for 17 new licences, got eight ◐ Taxi companies unconvinced calls for limo services are climbing

Unicity and Duffy's Taxi have forged a united front against the Manitoba Taxicab Board and a Winnipeg limousine company in hopes the top provincial court will slam the brakes on the limo company's expansion plans.

A showdown between the two sides has been brewing for months after the TCB approved giving a handful of new licences to London Limos.

The limo-for-hire company says it needs more cars on the road to keep up with growing demands for service.

But the cab companies say the TCB has denied them access to London Limo's business plan, which argues that the demand actually exists.

The cab companies want the Court of Appeal to allow them to see the business plan.

"The problem I have with London Limos is that they do solicit business at the airport just by the fact that they sit in front of the airport entrances."
DUFFY'S MANAGER MICHAEL KLYMENKO, IN LETTER TO TCB

They also are asking a judge to freeze the TCB's limo-licensing order.

Adding more private limos to an already ultra-competitive market just puts added pressure on cabbies, Unicity manager Krystal Maslow states in a letter to the TCB filed with the court.

"Our drivers are commenting to us daily of the added stress of their business being 'stolen' by these limos because they know they can manipulate the system to get them more cars on the road," she wrote.

"Our entire fleet is of the same understanding that if they are so busy, why (are limos) waiting for long periods of time at the airport, nightclubs and hotels?"

And it's not just local taxi companies the limousines compete against, Maslow said.

"We see nightly the sabotage these limo drivers do to each other (at nightclubs and hotels) by interfering with other limo companies," the letter reads.

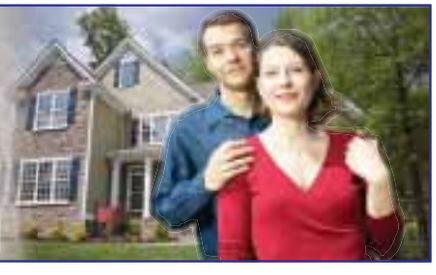
"This is because the competition to be hired is so fierce due to the amount of work currently available and the increase of more limos being licenced."

JAMES TURNER

ARE YOU INSURED... PROPERLY?

- Homeowners Insurance
- Cottages
- Boats
- Small Business
- Autopac
- Driver's Licencing
- Tenant's Insurance
- Condominium Insurance

HILLIS INSURANCE AGENCIES LTD.
1821 MAIN ST. • 338.7919



1 news

Locals get engaged on Oprah's last show

13,000 fans flocked to Chicago to say goodbye to Oprah Big-name celebrities also gave final farewells

ELISHA DACEY
@METRONEWS.CA

How to get your girlfriend to marry you in four difficult but awesome steps:

1. Luck out and have your girlfriend win tickets to the taping of the last Oprah show.

2. Call Oprah's producers and arrange a surprise asking.

3. Sweet-talk her mother into pretending she has a headache so she doesn't go to the taping.

4. Jump up on stage in front of 13,000 people and ask.

Winnipeg nurse Jenna Steinsvik got the surprise of her life when her firefighter boyfriend Alex Babinsky arranged to ask her to marry him on the Oprah show — and it was Oprah's last show, to boot.

"I knew he'd do something big because he's like that. He's big in everything he does," said Steinsvik from her cellphone on the way home to Winnipeg from Chicago yesterday. "But, no, I never expected this."

Steinsvik said she won tickets in an online draw about a week and a half ago and arranged for her and her mother to attend the taping. After travelling down to Chicago with Babinsky and her parents, her mother feigned a migraine headache so that Babinsky would have to attend the taping with her.

Once there, while in the crowd, a producer called Babinsky up onstage, much to Steinsvik's shock. "No one even knew he was supposed to be there."

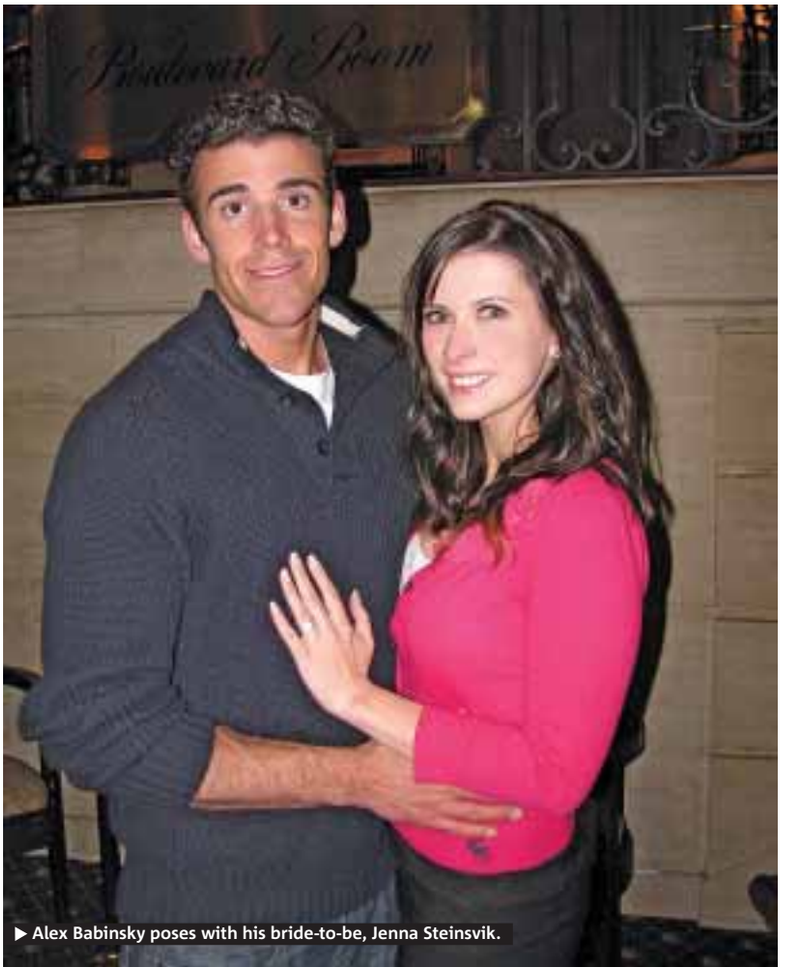
Babinsky called his girlfriend of a couple years onstage, got down on one knee and proposed, with "Will You Marry Me, Jenna" flashing on the screens around the United Center in Chicago.

In front of a wildly cheering crowd, Steinsvik said yes.

Steinsvik said she's still stunned — and, no, the couple hasn't set a date.

Steinsvik said she isn't sure if the proposal will be aired, but it was taped.

SUBMITTED



▶ Alex Babinsky poses with his bride-to-be, Jenna Steinsvik.

Lars Von Trier's guide to Cannes publicity: Nazi quips and musing about Kirsten Dunst in porn. Scan code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Apple's iPad gives new voice to kids who have trouble communicating. Video at metronews.ca

Follow us on Twitter @metrowinnipeg

Date not set for dike breach closure: Premier

Just five days after breaching the dike, speculation is rampant the government is about to close it again.

Premier Greg Selinger told media yesterday a date has yet to be set to close the Assiniboine River Dike breach at the Hoop and Holler Bend, but said the situation isn't as dire as first thought.

Selinger tried to put to rest rampant speculation that the breach wasn't necessary and that there have been massive miscalculations in the predicted river water volume.

"The one-in-300 (years) event or the worst unprecedented flooding we've seen in history was something that came as a late-breaking surprise to everybody that required these extra resources be brought into play," the premier said.

The breach at the Hoop and Holler Bend has not siphoned off as much water as expected, with flows at about 500 cubic feet per second (cfs) when the province thought they would see flows of 3,000 cfs. ELISHA DACEY

News in brief

Stabbing witnesses interviewed

STABLE. A 25-year-old man was taken to hospital after being stabbed on Mountain Avenue yesterday morning.
Winnipeg Police said they were called to a home in the 500 block of Mountain Avenue at about 3:15 a.m. The man had been stabbed in the upper body and was transported to hospital in unstable condition, but has since been upgraded to stable.
Police said several witnesses are being interviewed.
ELISHA DACEY

City wants fair share of PST

STABLE. The City of Winnipeg and municipalities of Manitoba are demanding what they call their fair share of the PST, requesting one per cent of the province's share of the provincial sales tax.
ELISHA DACEY

JAMES TURNER/METRO

▶ Winnipeg police are asking any person who may have seen suspicious activity at this TD Bank at Pembina Highway and McGillivray Boulevard early last Saturday to contact them.

Police seek help in case of slain young woman

Cops ask public for clues in 'tragic' homicide
'Person of interest' being sought

JAMES TURNER
@METRONEWS.CA

Homicide investigators are turning to the public for clues after a young Winnipeg woman was found dead in her home after an attack.

A relative of Gina Swanson, 33, found her dead in her Edderton Avenue home just before noon Saturday.

Swanson was the victim of a physical assault and died of her injuries.

Police are asking anyone who may have seen any suspicious activity, people or vehicles in the 1000 block of Edderton or at the TD Bank at Pembina Highway and McGillivray Boulevard between 5 a.m. and 8 a.m. Saturday to contact them.

The bank is roughly a kilometre south of Swanson's home. A "person of interest" may have gone there in that timeframe, said police.

Police released few other details regarding the killing, citing a need to safeguard details their investigation. They wouldn't say if a weapon was used nor if the victim had been robbed or sexually assaulted.

"The forensic aspect of this investigation is continuing," said Const. Jason Michalyshen.

"This is a tragic event."

The homicide unit can be reached at 986-6508. Information can also be passed on to police anonymously through Crime Stoppers at 786-TIPS (8477).

Man charged in boating death has prior DUI record

JAMES TURNER/METRO

▶ The swollen waters of the Red and Assiniboine rivers are too dangerous to search for a missing man presumed drowned last week.

The man accused of causing the death of a friend in an impaired-boating mishap at The Forks in Winnipeg has amassed six prior convictions for impaired-driving crimes — five of them coming in less than a decade.

Johnny Petriew, 35, was last sentenced to 10 months in jail in March 2010 after pleading guilty to drunk driving, driving while disqualified and drinking while out on bail pending trial.

The admission marked his fifth impaired-driving conviction — and fourth stint in jail — since July 2001.

He also has a 1994 conviction for having care and control of a vehicle while intoxicated.

Petriew was arrested last Saturday and charged with impaired operation of a vessel causing death after the small boat he and a 37-year-old friend were in capsized on the Assiniboine River.

Petriew managed to scramble to some driftwood and was rescued, but the other man went under the rushing water and is presumed drowned. It is currently too dangerous for police divers to search for him.

Petriew is presumed innocent and the allegations against him have not been proven.

At his last sentencing hearing, Judge Linda Giesbrecht chided Petriew for his record.

He told court he had committed to being drug and alcohol-free.

"I want to change my life for the better," he told her.

"You have a couple of kids," said Giesbrecht. "How would you feel if one day they were off to school and a drunk driver smashed through some intersection and kills one of them, or puts them in a wheelchair?"

JAMES TURNER

New bill a boon for condo buyers?

The provincial government said a new condominium act introduced yesterday will better protect buyers. The new act would include increasing the "cooling off" period where people could change their minds, to seven days from 48 hours, making it easier to cancel a contract if there are material changes without being told.

ELISHA DACEY

City golf courses begin to swing into action

Winnipeg's city golf courses are starting to open.

Crescent Drive, Windsor Park, Harbour View and Kildonan Park golf courses will open for the season on Friday, May 20.

Book your tee time at www.winnipeg.ca/golf/

ELISHA DACEY

Recyle that giant phone book

'Peggers are reminded they can recycle their old phone books.

Residents with blue boxes can put their phone books into their boxes for curbside pickup. Apartment dwellers should use their apartment's recycling bins.

People can also put their old phone books into the recycling bins at any one of the city's seven recycling depots.

ELISHA DACEY

CABINET SHUFFLE

Senate picks spark outrage

The prime minister shuffled the deck but not much appears to have changed with the new federal cabinet, Jack Layton said yesterday.

The NDP leader also said he was taken aback by Stephen Harper's decision to appoint three failed Conservative candidates to the Senate.

"That's a slap in the face to Canadian voters — to say that someone who has lost an election a few weeks ago now has the opportunity of becoming a senator. This is an attack against democracy."

Harper named Larry Smith, Fabian Manning and former cabinet minister Josee Verner to the upper chamber. Smith and Manning had quit Senate jobs to run for the Tories, while Verner lost her seat in the NDP run on Quebec.

THE CANADIAN PRESS

Bernier returns to cabinet

Maxime Bernier, one of only five Tories elected in Quebec, returns to cabinet in a junior role as minister of state for small business and tourism after a three-year exile. THE CANADIAN PRESS

Not enough women appointed?

Ten of the 28 women in the 166-member Conservative caucus have made it into cabinet, but critics condemned that as far too few.

THE CANADIAN PRESS

Harper unveils his biggest cabinet yet

SEAN KILPATRICK/THE CANADIAN PRESS

▶ In one of the biggest moves, political pitbull John Baird becomes the country's top diplomat as foreign affairs minister, replacing Lawrence Cannon.

- PM sticks with familiar faces
- Flaherty, MacKay stay in posts

It's game on for the Conservative majority government as Stephen Harper announced a cabinet yesterday packed with veterans and some new players.

The prime minister added one position to the team, upping its size to 39 — a third larger than when Harper first took office in 2006, and matching the cabinets of Brian Mulroney and Paul Martin as the biggest ever.

The large roster prompted cries of hypocrisy as Harper's decision to keep a beefed-up bench comes at a time when the government needs to trim billions in government spending to wrestle down the deficit.

"Any hockey coach will tell you that if a team is going to keep winning over time, it must maintain a corps of veterans and gradually blend in new talent. "

PRIME MINISTER STEPHEN HARPER

But Harper dismissed the criticism.

"I think it's important to know when you're talking about austerity, that this government has reduced ministerial budgets significantly," he said.

THE CANADIAN PRESS

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!

Available on the App Store

metro play

B.C. journalist safe after Syrian ordeal

Al-Jazeera's Dorothy Parvaz was accused of being a spy Damascus has banned most foreign reporters

JOSHUA TRUJILLO/THE ASSOCIATED PRESS

▶ Dorothy Parvaz

Blindfolded and handcuffed, Dorothy Parvaz spent a night in a Syrian courtyard listening to the wails of young men being beaten until their voices were hoarse.

It was the first night after the British Columbia journalist was detained by Syrian officials while travelling to Damascus on assignment for Al Jazeera's English-language news network.

She had no idea if anyone knew what had happened to her, she said in her first public comments since her ordeal ended Tuesday.

"I'm fairly certain (it was) for that purpose, to scare me, and I heard two separate interrogations and beatings," she said in an interview with Qatar-based Al Jazeera, posted yesterday on the news organization's website.

"I really felt like nobody knew where I was, who I was."

Syrian authorities said they deported Parvaz May 1 to Iran, where she also has citizenship. No one heard from her until Tuesday, when Iranian authorities released her 18 days after she left Doha for Syria.

Her release was received with elation by her family, friends and her fiancé, Todd Barker, who have rallied for her freedom while knowing very little about her conditions.

"I look outside and the sun is trying to shine in beautiful British Columbia and it's just a lovely day. I've never been more happy — I've never been more happy," Barker said yesterday. THE CANADIAN PRESS

Mayor. Protest

▶ Albanian opposition supporters clash with police as they try to enter the Central Election Commission in the capital city of Tirana.

HEKTOR PUSTINA/THE ASSOCIATED PRESS

Electoral strife in Albania

Protesters decried the delay in releasing the results from May 8 local elections, in which they claim their leader, Edi Rama, won re-election as mayor of Tirana.

Parole denied for conspirator

There will be no parole for a man convicted in the deaths of four Alberta Mounties near Mayerthorpe.

Two National Parole Board officers say Dennis Cheeseman said the right things at his hearing yesterday at the Drumheller Penitentiary in Southern Alberta, but hadn't done enough in prison to better himself.

Cheeseman admitted he didn't feel he was ready for full parole, instead asking to be allowed out of jail during the day. THE CANADIAN PRESS

7

Cheeseman was sentenced to 12 years but credit for his guilty plea meant he is serving a little more than seven years.

Look inside today's metro for the icons below and enter for your chance to WIN.

Gas Stations
Grocery Stores
Drug Stores
Recurring Bill Payments

metronews.ca/momentum

YOU COULD
WIN♦
$10,000 cash
and one of 5 weekly cash prizes of $2,000

Courtesy of
Scotia Momentum®
VISA* Card†

You're richer than you think.®
Scotiabank®

♦ No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes June 19, 2011 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

† You will earn 2% cash back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411,5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. *Scotia Momentum* cash back is not awarded for cash advances, *Scotia*® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

* VISA Int./Lic. user The Bank of Nova Scotia. ™ Trademark of Visa Int./Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia.

Museum makes waves

- Halifax unveils exhibit on gay and lesbian seafarers
- Based on book of same name published in 2003

JENNIFER TAPLIN
@METRONEWS.CA

Author Jo Stanley dove into a drag queen's closet yesterday, pulling out ball gowns and feather boas.

Stanley, visiting from England, led the media on a tour of a new exhibit at the Maritime Museum in Halifax. It's called Hello Sailor! Gay Life On The Ocean Wave.

Museum curator Dan Conlin said there has been little resistance to the exhibit.

"One chief petty officer said everybody knew there were gay sailors in the navy and nobody ever talked about it, so hats off to you for being brave enough to explore it."

"They said we know you're gay and we're OK with that."
FRANK LETOURNEAU, FORMER SAILOR

The exhibit, which debuted in Liverpool, England's Merseyside Maritime Museum in 2006, is based on the book Stanley co-authored on the history of gay British mariners.

But before bringing the exhibit to Halifax, two oral history researchers recorded the stories of five Halifax gay sailors — including Frank Letourneau.

He had been in the navy for 13 years when he was forced to resign.

"I was up against a regulation that said if you're gay, you can't be in the forces," Letourneau said.

But he said he didn't face homophobia at sea because he kept his gay status quiet.

"They said we know you're gay and we're OK with that," Letourneau said.

Canadian Forces changed its anti-gay policy in 1992.

The exhibit runs until Nov. 27.

RYAN TAPLIN/METRO

▶ Author Jo Stanley poses with a feather boa.

Weight Loss Simplified!

Look and feel your best! Whatever your weight loss goal, the PROVEN RESULTS Weight Loss Plan by Renew Life will get you there, once and for all.

Burn Fat • Balance Blood Sugar • Increase Lean Muscle Mass • Enhance Elimination

PROVEN RESULTS WEIGHT LOSS PLAN

Day 1 to 14
Take DietSTART daily as directed. This 14 day kit will help your body to burn fat and release excess water and waste. You can lose 2-10 lbs in 2 weeks!

Day 15 to GOAL!
After completing DietSTART, switch to SIMPLY TRIM until you reach your desired weight. Just two capsules of SIMPLY TRIM a day will turn your body into a natural fat burning machine, helping you lose weight and reshape your body.

Visit in-store for your free copy of the "Proven Weight Loss Results" booklet

Accelerated Weight Loss
To take your weight loss results to the next level, replace one meal per day with a FitSMART Shake. Each shake provides 20 grams of protein, 10 grams of fibre and loads of nutrition. FitSMART Shakes are a simple and satisfying way to lower calories and enhance weight loss results.

RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE

TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

Receive $2.00 OFF your purchase of ANY* Renew Life Product

Advocacy group wants McClown to go

McDonald's defends mascot against irresponsible marketing accusations

His floppy shoes, painted-on smile and flaming-red hair may be a harder sell to today's kids who are trading in their dolls and trucks for manicures and mobile game apps at ever younger ages.

He also seems out of step with McDonald's Corp.'s new efforts to appeal to adults. The 48-year-old spokesclown fell flat in new ads this year, according to Ace Metrix, a U.S. group that tracks TV advertising.

And the U.S. government is getting strict on marketing unhealthy food to children. That has both marginalized Ronald as more of a mascot than a product pitchman and landed him in the middle of the bigger debate about food makers' responsibilities in stemming the rise in childhood obesity.

McDonald's says it is proud of the food it offers and that Ronald teaches children to be active.

Critics say it's time to hang up the yellow jumper. A group called Corporate Accountability International plans to ask Ronald to retire at the company's annual meeting today. They say Ronald encourages kids to eat junk food, contributing to a rise in childhood obesity and related diseases such as diabetes.

The group, which campaigned against the Joe Camel cigarette mascot in the 1990s and complained about Ronald as a role model at McDonald's annual meeting last year, has stepped up its campaign.

It took out full-page ads yesterday in the Chicago Sun-Times, New York Metro and four other papers to call for his head.

The ads, signed by more than 550 health groups and professionals, carry the headline, "Doctors' Orders: Stop Marketing Junk Food To Kids."

THE ASSOCIATED PRESS

HANDOUT

▶ Kids from Ronald McDonald House Toronto celebrate McHappy Day yesterday with founder George Cohon, left, Ronald McDonald, and figure skater Patrick Chan.

FUN AND GAMES

Slapping on a new twist to old toys

The NHL playoffs will be over well before summer is underway, but hockey-mad kids can still get their fix during the warmer months.

Toys and games that offer a new take on street shinny were among those featured during the Hot Toys of Summer event held by the Canadian Toy Association yesterday.

The Slip 'N Slide Water Knee Hockey Rink and SlapSHOTZ, which uses hand-held blades and a soft foam ball, were among the activities offering a modern twist on the traditional games.

Away from the diamond, Triple Hit Baseball from Fisher-Price allows youngsters to test their swing on balls popping out automatically from its base. For those looking to test their acrobatic skills, there were also brightly coloured Spooner Boards on which to try out spins, flips, slides and wobbles.

Laura Wiese of the Canadian Toy Association said the industry will always offer new twists on old classics, which helps bring kids into new areas of play they might not have tried before. And for cost-conscious parents, Wiese said more than 70 per cent of the toys featured yesterday are less than $30.

THE CANADIAN PRESS

2% cash back on recurring bill payments†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

New rules on insurance industry worry CEO

Sun Life Financial's CEO says he has serious concerns about widespread regulatory changes proposed for the life insurance industry.

Donald Stewart says those potential regulations, including the second phase of international financial reporting standards and more stringent capital regulations, could have "significant negative unintended consequences."

Proposed stricter capital requirements could be more onerous in a number of jurisdictions, Stewart warned shareholders at the Toronto-based insurer's annual general meeting.

THE CANADIAN PRESS

Designers joining Fay

Tod's Group says the Italian designing duo Tommaso Aquilano and Roberto Rimondi is taking over the women's line at its Fay fashion brand, worn by such stars as Halle Berry and Sandra Bullock.

The pair most recently were designing for Gianfranco Ferré, where they landed in 2008. Ferré has recently been purchased by a Dubai fashion group, which had indicated it was looking for a change.

Aquilano and Rimdoni will present their first collection in September during Milan's Fashion Week for the spring/summer 2012 season.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 166.19 (13,607.25)	+ 0.21¢ (103.03¢ US)	+ $3.19 ($100.10 US)	$4.23 US (+4.9¢ US)	$1,495.80 US (+$15.80 US)

Baring. Profits

▶ Bystanders take snapshots yesterday as models pose in front of the Abercrombie and Fitch shop in Paris, France.

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Ab-ercrombie ripped and ready for Paris

Topless male models posed in front of the Abercrombie and Fitch shop on the Champs-Elysées in Paris as part of a promotion for the opening of the U.S. brand's new shop in France. Abercrombie and Fitch Co., known for pricey clothing, said yesterday that international sales helped push it to a first-quarter net income of $25 million US. In last year's first quarter, the company had a loss of $11.8 million.

Wheat Board monopoly on borrowed time

Minister Gerry Ritz says group will still have a role to play

ELISHA DACEY
@METRONEWS.CA

Farmers and agricultural associations in western Manitoba are reeling after federal Agriculture Minister Gerry Ritz unexpectedly told reporters yesterday the government plans to end the Canadian Wheat Board's monopoly come the fall.

A spokesperson for the Canadian Wheat Board could not be reached for comment by press deadline.

While this won't necessarily mean the Canadian Wheat Board's demise, it could mean the potential loss of jobs, said Doug Chorney, president of Keystone Agricultural Producers.

"The minister obviously feels he has the power to make sweeping statements without consulting farmers."
DOUG CHORNEY, PRESIDENT, KEYSTONE AGRICULTURAL PRODUCERS

Currently, about 400 people work at the Canadian Wheat Board offices in Winnipeg.

"Our official position has always been that farmers should have the choice to decide who to market their grain to," said Chorney.

Gary Sigurdson, who farms near Melita, Man., said he is hoping the minister's statements means moving to a dual-market system.

"I think it's a mistake to axe the Wheat Board completely," said Sigurdson. "But opening up competition to farmers who want to do the work of keeping an eye on prices could be a good thing."

Rumour. Mill

▶ Bank of Canada governor Mark Carney delivers a speech to the Canadian Club of Ottawa earlier this week.

SEAN KILPATRICK/THE CANADIAN PRESS

IMF scandal opens door for Carney

Bank of Canada governor Mark Carney, who was named by Time magazine as one of the world's most influential men, is being taken seriously in international circles as a possible replacement for disgraced International Monetary Fund head Dominique Strauss-Kahn.

$4B Del Monte was bought by private equity firms for $4 billion in March.

The man for Del Monte

Hershey CEO David West is leaving the candy maker to take the top job at San Francisco-based food processor Del Monte Foods Co. THE ASSOCIATED PRESS

GRAPHIC DESIGNER

Reporting to the Publisher, Metro Winnipeg the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele

REQUIREMENTS OF THE POSITION:

- 2-3 yrs design experience within a newspaper environment
- Post secondary education in a related field, or equivilent experience
- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge
- Software proficiency including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS, ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong a attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach

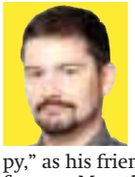
IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 20, 2011. PLEASE QUOTE: "Graphic Designer -Winnipeg" in the subject line. All submissions will be treated as confidential.

metro

KEEP YOUR PANTS ON, IT'S ONLY A RACE

HE SAYS ...

JOHN MAZEROLLE
METRO



If you're looking for a new challenge and have the opportunity to run a marathon, I would definitely, if I were you, run in the other direction as fast as you can.

That's the only running I'll recommend, though.

Before you get any ideas about "healthy living," keep in mind where the marathon originated: According to Greek legend, passed down by generations of Wikipedia writers, Pheidippides (or "Dippy," as his friends called him) ran from a battle to faraway Marathon, cleverly keeping his bearings by staying to the right of numerous orange traffic cones.

Powered only by steely determination and Gatorade tables every three kilometres, Dippy ran without stopping because, as classical paintings depicting the event illustrate, he wasn't wearing pants. Arriving in Marathon and conveying his final, brave message to his superiors ("They've taken our pants!"), he collapsed and died.

"So I speak from experience when I say that if you want to run a long race, you should find something more fun to do, such as unnecessary dental surgery."

I can confirm the validity of this Marathon legend, too, because I just ran a half-marathon four days ago and I'm definitely half-dead.

So I speak from experience when I say that if you want to run a long race, you should find something more fun to do, such as unnecessary dental surgery. The Marathon legend actually understates the difficulties, because it leaves out when Pheidippides' skipped beers with his friends on the weekend because he had to train.

My point is that if you take part in a marathon, you are signing up for an event that killed its first participant. It would be like registering for the annual Titanic Ship Race and Iceberg Avoidance Festival.

So I'm begging you not to make the same mistakes I made. I started six years ago, with a full marathon, which is exactly 26 miles, or 7,500 kilometres. It was beyond difficult and only with the finish line in sight did I surge ahead, passing a woman in her late 60s who, judging by her facial expression, may not have been entirely aware she was in a race.

So I finished second-to-last, yet I still enjoyed myself and have been referred to since as The Penultimate Warrior — at least when I'm looking in the mirror and no one else is around.

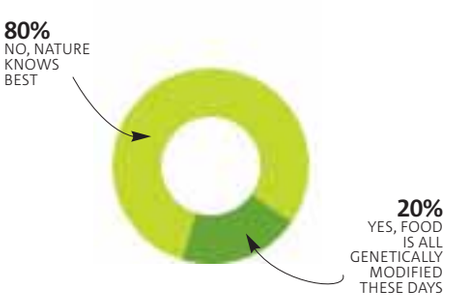
And therein lies the problem with running. Here I am complaining about it, but I CAN'T STOP. It's a gruelling, painful, sometimes demoralizing experience and, yet, there's something when you're running that tells you it's one of the best things you've ever done.

And if you start, well, I can't be held responsible for what happens. Keep a close watch on your pants.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metrolifepanel.ca and take the quick poll

Do you think taking nutrient supplements trumps nutrients from food?



Local tweets

- **@EleonoreB:** Is there still a stadium being built in #Winnipeg. Wires seem to have gone on silent mode. Perhaps I need to drive out to the burbs & see?
- **@xMandaMae:** Don't wanna wait anymore. Just bring the #thrashers to #winnipeg already! #gojetsgo !!!!!
- **@AceBurpeeShow:** Congrats to Winnipeg couple Jenna & Alex. They got engaged on-stage at Oprah finale taping. They're super nice. On their way back home now.
- **@ldunton:** I just looked at the long range forecast. I am jealous of Winnipeg and Vancouver, seriously jealous.
- **@mikeyshhh:** It just wouldn't be Winnipeg without the smell of beef in the air.
- **@ryanmackin:** Tim Hortons is officially changing one of their flavors to Prench Banilla. #Winnipeg
- **@SwedoniaOne:** #Winnipeg zoo out of ice cream at noon on hottest day of the year. #planning

@d_campbell: ATTENTION MANITOBA DRIVERS: I am about to drive a one-ton truck through the streets of Winnipeg. If you value your life, get off the road

Worth mentioning

SAO PAULO, Brazil. A 114-year-old Brazilian woman is the world's oldest living human, Guinness World Records said yesterday.

Maria Gomes Valentim attributes her longevity to eating a daily roll of bread for breakfast along with fruit — though she indulges in the occasional nip of wine.

Guinness said Valentim, aged 114 years 313 days, is 48 days older than the person previously considered the world's oldest human, Besse Cooper from Monroe, Ga.

Cooper now holds the title of the oldest living North American.

Guinness verified that Valentim was born July 9, 1896, in Carangola in the southeastern state of Minas Gerais, where she has always lived.

Known as Grandma Quita, Valentim's family says she has a stubborn streak and has always made a habit of minding her own business.

Guinness said it has received several claims for potential "super centenarians" — but none before were ratified because of a lack of evidence or documentation. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder

WEIRD NEWS

An artist in sheep's clothing?

An artist known for his large-scale projects says his proposal to put silvery, luminous fabric panels over the Arkansas River won't hurt bighorn sheep.

The panels in Christo's project would span eight sections along a 64-kilometre stretch of the river between Salida, Colo., and Canon City and require drilling anchors. The project is expected to take two years.

Colorado wildlife commissioners voted to send a letter to the U.S. Bureau of Land Management expressing concerns over how the project would affect the sheep, according to the Pueblo Chieftain.

Christo says protecting wildlife and the environment is important and he will address the concerns that were raised.

His ideas have hit resistance before.

The Gates in New York's Central Park was rejected by three city administrations before Christo's friend Michael Bloomberg was elected mayor. The 7,503 fabric panels of The Gates were installed in 2005 under Bloomberg's tenure.

THE ASSOCIATED PRESS

metro
METRO WINNIPEG • 161 Portage Ave E • Suite 200 • Winnipeg MB • R3B 2L6 • T: 204-943-9300 • Fax: 888-846-0894 • Advertising: 204-890-8397 • adinfowinnipeg@metronews.ca • Distribution: winnipeg_distribution@metronews.ca • **Publisher** Steve Shrout, **Managing Editor** Elisha Dacey, **Sales Manager** Dave Kruse, **Distribution Manager** Rod Chivers • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

2 scene

Scene in brief

Canadian chanteuse Celine Dion gives fans a peek into her home and work life in a new TV special that's set to air next month.

Celine: 3 Boys and a New Show is slated for broadcast on OWN: The Oprah Winfrey Network on June 26.

The network says the one-hour special follows the Montreal singing sensation and her family in and around their new home in Las Vegas.

Viewers will see Dion helping son Rene-Charles with his homework, raising her newborn twins and spending time with husband Rene Angelil.

THE CANADIAN PRESS

A man, a van, an idea: Cannes in a Van parks indie film on the French Riviera
Scan code for story.

CONTRIBUTED

▶ The Quilt of Belonging is a 120 feet long and has been worked on since 1998.

Uniting people one stitch at a time

Esther Bryan's collaborative art project began in 1998 ◐ 263 panels make up 120-foot-long quilt

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Talk about a cultural mosaic. Conceived and completed under the direction of Ontario-based visual artist Esther Bryan, the Quilt of Belonging is a 120-foot-long collaborative art project comprised of 263 individually crafted panels — each representing an ingredient in Canada's salad bowl.

"I used textiles instead of paint because textile is something that is so fundamental to human life," says Bryan. "Just like food, we all need textile. It tells our story, from the time we live in, our geography and our gender to our religion, our economic status and our personality. All of those things are told through thread and I thought it would be a really good metaphor for the threads that connect people."

Event details

When. The fifth annual The Quilt of Belonging opens at the Winnipeg Art Gallery on today at 8 p.m. Admission is free.

In 1994, Bryan accompanied her father to Slovakia, the homeland he left 43 years earlier. Inspired by that trip, and the positive reaction to her subsequent one-woman art show Return, she started the Quilt of Belonging project in 1998. Six years — and thousands of letters, calls, visits and media appeals later — Bryan and team had located an artist representative from every world nationality and every aboriginal group.

"The determination was this would be our portrait as a nation and at the same time a model for how we should live," says Bryan.

Sew what? If you're writing the Quilt of Belonging off as an overrated comforter, think again. In addition to "the threads that bind" concept, the big blanket contains some deep symbolism, such as carbon molecule-shaped panels, the full light spectrum and an assortment of material.

"It goes from sealskin to miniature carpets to butterfly wings to fibre weaving," says Bryan. "People put in treasures from their family or they made new things, so you have the sophisticated and the naive side by side but and when you look at it as a whole, it holds together."

Green says he has no plans of leaving Alexisonfire

Dallas Green says that despite his burgeoning solo career, he still sees himself returning to sing for Alexisonfire eventually.

"Yeah, I mean, that's kind of always how we've been," Green said Tuesday during an interview.

"(It's) just sort of back and forth, and we all take breaks and do our own thing, and sort of revisit (Alexisonfire). And as long as the ideas are there, then we'll continue, you know?"

Green is set to release Little Hell — his third album under the name City and Colour — on June 7.

Each of his first two solo records were certified platinum in Canada, and Green now appears poised for an international breakthrough as well. He just recently headlined a gig at London's storied Royal Albert Hall and has been included in the lineup for several major U.S. summer festivals, including Lollapalooza, Austin City Limits and the Sasquatch Festival.

Alexisonfire's last album was 2009's gold-selling Old Crows/Young Cardinals.

Green says he's still committed to continuing to sing for Alexisonfire, but does he foresee a time when he'll have to put the project aside to focus on his solo work?

"I don't know," he responds. "I guess I just can't really say what the future holds. Now is now, and that's where I am."

THE CANADIAN PRESS

Final farewells

Hollywood's biggest stars, 13,000 fans come to Chicago to say goodbye to Oprah

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

▶ Madonna, right, hugs Oprah Winfrey as she appears during a star-studded double-taping of Surprise Oprah! A Farewell Spectacular.

Oprah Winfrey wiped away tears as celebrity after celebrity surprised her during a farewell double-episode taping of The Oprah Winfrey Show that will precede her finale.

"Thank you is not enough, but thank you," Winfrey told the crowd of 13,000 gathered at Chicago's United Center on Tuesday night for Surprise Oprah! A Farewell Spectacular. "For your love and your support, thank you."

The crowd gave Winfrey a standing ovation when she first walked on the stage. Then the stars came out, with Winfrey's producers making good on their promise of the biggest celebrities of movies, music and television.

Aretha Franklin sang Amazing Grace. Tom Hanks acted as host for the evening. Michael Jordan, who led the Chicago Bulls to six NBA championships during the 1990s, told Winfrey she inspires him.

Tom Cruise, famous for his couch jumping on Winfrey's show, was there. Jerry Seinfeld wore a tuxedo to give a comedy routine. And Madonna said she is among the millions of people who are inspired by Winfrey.

"It really does amaze me that I get to be around a woman who changes people's lives every day and who also takes her own lunch to work."
STEDMAN GRAHAM, OPRAH WINFREY LONGTIME PARTNER

"She fights for things she believes in, even if it makes her unpopular," Madonna said.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years. Tuesday's taping will air May 23 and 24, before Winfrey's final show on May 25.

"You always had the power, and that is the message you brought into our lives," Cruise told Winfrey.

The show highlighted Winfrey's charity efforts over the years. About 300 Morehouse College scholarship students walked along the United Center aisles as Kristen Chenoweth sang For Good from the musical Wicked. Grammy winner John Legend was beamed in from a New Orleans school and Winfrey's book club was lauded for getting millions to read.

Josh Groban and Patti LaBelle sang Somewhere Over the Rainbow as Winfrey sat in a white chair onstage.

Jamie Foxx and Stevie Wonder sang Isn't She Lovely to Winfrey. Wonder followed with his own song, singing to her, "Oprah thank you for using your gifts to uplift so many hearts."

Simon Cowell made an appearance; Rosie O'Donnell sang a Broadway-style song. **THE ASSOCIATED PRESS**

2% cash back
at eligible
drug stores†.
Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.
You're richer than you think®
Scotiabank®
®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

More stars galore

- The taping of the second show began with Will Smith and his wife, Jada Pinkett Smith, who thanked Winfrey and told her she mothered millions and "that puts you in the status of a goddess."
- Actresses Halle Berry, Queen Latifah, Katie Holmes and Dakota Fanning all appeared, along with newswoman Diane Sawyer.
- Beyonce sang her song Run the World (Girls) backed by dozens of dancers.
- "Oprah Winfrey, because of you women everywhere have graduated to a new level of understanding of who we are, of what we are and most of all who we can be," Beyonce said.

'I've got to do something different': Baldwin

In a recent episode of 30 Rock, Alec Baldwin's character, Jack Donaghy, went through a kind of midlife crises, splitting into four alternate versions of his self.

One, "sideways Jack," chastised Donaghy for allowing an intended six-month stop in TV to turn into five years, leaving him stalled and no longer a "shark."

"You don't even know what a shark is anymore!" exclaimed the alternate Donaghy.

The episode played artfully with Baldwin's own career ambitions, which didn't include sitcom stardom until Tina Fey's 30 Rock came along.

Now, though, Baldwin is contemplating his exit from 30 Rock. He has one season left on his contract with NBC and has said he will leave at that point.

"That's pretty much all I think about right now," said Baldwin in a recent interview.

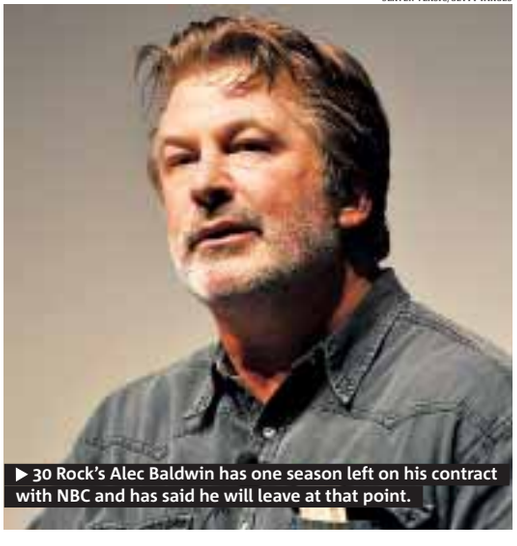
"To finish the show, I'm going to do this year then start thinking about what I want to do next. It's the big question. It's been a great experience, and I've loved doing the show. It changed my life. I'll never have it this good again, I know that. But I know that I've got to do something different, try something different. I don't know what that's going to be."

This summer, Baldwin will be shooting Woody Allen's next film, to be shot in Rome, as well as the big screen adaptation of the Broadway musical Rock of Ages and the indie drama Hick. Though Baldwin, 53, worked primarily in movies before 30 Rock and has since worked in such films as 2009's It's Complicated, he says he won't necessarily return to that path.

"When I go back into the world to go to work, I don't know how likely I would be to (make movies). This is something I can't answer now," says Baldwin.

"But if I want to do something after that, I don't know if that would be another series on television — I doubt I would do that. Just to go to work, maybe I would do films again. But it's difficult because films are hard."
THE ASSOCIATED PRESS

SLAVEN VLASIC/GETTY IMAGES



▶ 30 Rock's Alec Baldwin has one season left on his contract with NBC and has said he will leave at that point.

No politics

- Alec Baldwin has an interest in politics and regularly blogs for the Huffington Post. But because the top New York State offices are safe Democratic seats, he doesn't want to run for office in his home state.
- "It would be easier for me to run if I moved — California or Connecticut or somewhere. And I'm not prepared to do that right now," he says.

Mother of Arnold's love child revealed

Housekeeper believed to be his other woman **Kid could be a teenager**

ALL PHOTOS GETTY IMAGES

▶ Arnold Schwarzenegger

The former employee who had a child with Arnold Schwarzenegger has reportedly been identified as housekeeper Mildred Baena, according to Radar Online and Star magazine.

"She's the one," a source confirms.

Baena reportedly worked for Schwarzenegger and estranged wife Maria Shriver for 20 years before retiring in January.

The child in question is believed to be around 14 years old. Schwarzenegger's youngest child with Shriver is 13.

Arnold and Shriver recently announced their divorce.

METRO

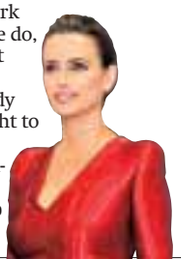
Talking points

Penelope Cruz wants to hide son from press

UGLY BABY? Penelope Cruz is hoping to keep her newborn son, Leonardo, as far from the limelight as she and husband Javier Bardem can, she tells Vogue.

"I want my son — and my kids if I have more — to grow up in a way that is as anonymous as possible," Cruz explains. "The fact that his father and I have chosen to do the work that we do, doesn't give anybody the right to invade our privacy."

METRO



Celebrity tweets

@BarRefaeli

"Cannes :) so peaceful here! Beautiful and chill. Gonna work now though.. And Later the premier of Jodie Fosters new film "

@PSchwarzenegger

"some days you feel like s---, some days you want to quit and just be normal for a bit, yet i love my family till death do us apart."

@SteveMartinToGo

"Spanish Conquistadors have just claimed my lawn for Spain. Though haven't worn this chest plate in ages, THIS WILL NOT STAND."

So much fun they won't know it's still called "family time"
Wii + MARIO KART Wii
$148.00
Get your family together over Wii and see what happens! Now for $148.00, you get the Wii™ console, Mario Kart™ Wii, a Wii Wheel™ accessory and more.
EVERYONE E CONTENT RATED BY ESRB
Comic Mischief
Prices and products available until May 26, 2011, while supplies last, in Canada only. See retailer for details. © 2008 Nintendo. Mario Kart and Wii are trademarks of Nintendo. © 2011 Nintendo.
Available at Walmart

Mastering tonal dressing

Shake things up for summer by ditching the black and experimenting with lighter, summery neutrals instead. Here's how.

An outfit of head-to-toe black may be practical for city living, but it can also be a predictable snore. If you're prone to monochromatic dressing, try changing up the shade for a little variety.

This tonal look that we spotted on Isabella Viscam is a light and fresh take on the urban uniform. The key to pulling this off is playing with the subtle varietes in shades of tan and beige. KENYA HUNT

Remix her style

1

2

3

4

5

6

1 CURRENT/ELLIOTT
denim jacket
$265, netaporter.com

2 MAR Y SOL
tote
$100, shopbop.com

3 ASOS
skinny trousers
$54, asos.com

4 ZARA
flat sandal
$50, zara.com

5 MANGO
blouse
$80, mango.com

6 J. CREW
scarf
$55, jcrew.com

3 life

Beauty pick

Lip balms that won't stick

It's officially time to swap out the sticky lip glosses for lighter lip treatments that won't melt on the beach. Fresh's lip balm gives the most subtle wash of color along with natural, hydrating ingredients. KENYA HUNT

FRESH
Sugar Honey Tinted Lip Treatment
$23, sephora.com

Fashion designers often live the jet-set life they love to mimic on their runways.

WagJag.com Deal of the Day
82% OFF
82% Off Professional Photography Session
BUY TODAY
WEDLIFE PHOTOGRAPHY & VIDEO
VAN GINKEL PHOTO STUDIO
www.WagJag.com

I'm cleaning out my closet

If the shoes — or jacket or jeans — don't fit, don't give them any real estate in your current collection

Any way you hang it, that strong-shouldered jacket from the 1980s is never going to quite look like the '80s-inspired jackets popular now. Same goes for the '70s maxi and slinky disco-style dresses.

That means the time has likely come to get rid of them.

Think of this as a time to clear your closet – cleaning and updating in one fell swoop – by strategically paring down your wardrobe, making a few new additions and finding shelf space for those items that truly are timeless.

Even something as simple as knit leggings, a staple now, were a fashion "don't" a decade ago. They could go into hibernation again. And, chances are, anyone who kept their stirrups from the Culture Club-era still can't make those look modern.

▶ Melanie Facitelli of Clos-ette has found that people have a harder time letting go of accessories than clothing.

Adam Glassman, fashion director at O, The Oprah Magazine, says anything you haven't worn in two years should be booted from the valuable closet real estate. He used to say one year, he explains, but he is allowing for a little more flexibility in size fluctuation, popular colours and immediate trends.

After that, though, the items — unless they're expensive, top-tier designer pieces in beautiful fabrics with precision cuts — should go. It's romantic to think that other items, even pricey ones, could wear that "vintage" label someday, but, in reality, few things do.

"Very high-end stuff, like (French design label) Balmain, you can save that because, eventually, it could be a collector's item. I have friends who hold on to Prada like that," says Glassman. "But that's a small percentage of what's out there. You don't need to save H&M, Gap, Zara."

Most closets are cluttered with stuff that hasn't seen the light of day in a very long time, says Jackie Conlin, a personal style consultant in San Francisco. "Timeless pieces are real gems," she says. "I like the idea of timelessness, but the way things change so rapidly, a look is going to change and your look is going to change."

She advises a "classic wardrobe with punches of personality," including a trench coat that, if it's not a Burberry, is made in the brand's spirit, in a neutral colour, and a tailored and trim silhouette; pencil skirts and pencil black pants; and shift and sheath dresses.

Conlin puts a white blouse or man-tailored button-down on the list, but Glassman warns that those can be tricky to keep because, even protected in the closet, they'll yellow over time.

They do agree that keeping traditional handbags, clutches and totes, for instance, and high-heel pumps (probably just the round-toe ones) makes sense as long as they're in good condition. Heavily embellished accessories, however, might be perfect donations for a little girl's dress-up box.

THE ASSOCIATED PRESS

Pretty put-aways

How to store the sentimental items:

- Professional closet designer and organizer Melanie Fascitelli says to put clean items in breathable garment bags, which limit discolouration, and throw in lavender sachets, which act as an antiseptic and bug repellent.
- Fascitelli also created the Clos-ette Too line of storage products. Store these bags in a humidity-controlled location.

la Vie en Rose
$5
Bra
GET THE 2ND FOR $5
With the purchase of a regularly priced bra from the La Vie en Rose collection. The $5 bra applies to an item of equal or lesser value. While quantities last. Cannot be combined with any other promotion.
Until May 29, 2011
OFFER VALID IN ALL STORES INCLUDING THOSE NEAR YOU:
• POLO PARK CENTRE – 1485 Portage Avenue (corner of St. James Street) (204) 788-4120 • KILDONAN PLACE – 1555 Regent Avenue West (corner of Rivalda Drive) (204) 663-8004 • ST. VITAL CENTRE – 1225 St. Mary's Road (corner of Bishop Grandin Blvd.) (204) 257-3439
Visit us on Facebook
LAVIEENROSE.COM

Fixing those home flaws

A few simple tricks can help you decorate around the undesirables in your apartment or condo

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

It seems that these days there are many things added or included in condos that we never see in the floor plans or models suites when making the decision to purchase or rent.

Surprise bulkheads, oversized air intakes, oddly divided windows and unattractive sliding closet doors are just a few.

I've lived in many rental apartments and owned a few condos in my day that gave me surprises as such.

Here's a few decorator touches you can do to make your place feel up to par with your urban lifestyle.

CONTRIBUTED

Bulkheads

The rule of decor is to paint the bulkheads the same colour as the walls below.

This will make your ceiling appear taller and blend the bulkhead into the room's decor.

If you have a bulkhead that runs over the bed wall then choose a lower style headboard as the visual drop of the bulk will create area to begin with.

When placing bookcases on a bulkhead wall remember to keep them lower than taller and hang your artwork a few inches lower than normal to create a taller distance between the top of art and the low bulk.

CONTRIBUTED

Sliding closet doors

Cheap doors can be painted the same colour as the walls or wallpapered.

By painting them the same colour as the walls you will make your room appear larger by showing more wall colour.

Wallpapering outdated faux woodgrain doors is a great way to add a punch of colour or pattern to your space.

You can exchange the old doors with new ones; mirrored doors will help open up the space and reflect more natural light, while custom sliders can add architectural flair to a boring or boxy room.

CONTRIBUTED

Cheap light fixtures

Take down and exchange outdated or cheap builder/landlord lighting.

Adding character lighting to your space is one of the best ways to get a custom look.

Remember to have them professionally removed and exchanged so to meet all building electrical codes and keep old light fixtures to replace when you move out.

Be dramatic with the new ones you choose or be practical; track-style lighting adds drama and a modern-style ceiling fan in the bedroom are practical choices that can look much better than what you moved into.

CONTRIBUTED

Wall-hung air control units

Usually positioned in the middle of the wall, they can offset the centre of the wall when positioning artwork.

The best trick to incorporate a wall of many small pieces of framed art (think a wall of family photos) where the climate control box can sit uncovered without standing out too much.

For an upgrade, you can also replace the box with more attractive-looking ones.

You'll find them in the special order section of the home building stores.

Hardening your plants won't be that hard

DIY IDEAS

The May long weekend usually signals it's time to move seedlings that have been growing indoors outside into planters and gardens.

This process is called transplanting. Before transplanting, it is wise to harden your plants to ensure they take to their new environment. DIY Network Canada's Desperate Landscapes (weekdays at 8:30 p.m. ET/5:30 p.m. PT) offers a guide to hardening and transplanting.

Harden Up

Seedlings that were grown indoors under artificial light or on a window sill need to be acclimatized to the outdoors to ensure they continue to thrive in their new, harsher conditions.

This process is called hardening and is very simple. After the last frost, begin to place your seedlings outdoors for two to three hours at a time during the day.

Place them in a shady area that is protected from wind. Continue this for three days. After the third day, leave the plants outside for longer periods of time gradually building up to 10 hours. By day seven, seedlings can receive direct sunlight. Remember to bring them indoors every night. After two weeks, the seedlings are ready to be transplanted.

Transplant Away

Transplanting should be done on a cloudy day in the late afternoon to give the plants time to adjust to their new environment.

Also, consider bringing the container with the seedlings outside to the new pot or garden so the soil-to-soil move happens quickly. When ready to transplant, locate the root of the seedling. If grown in a container, the seedlings are likely to have formed a root ball. Break apart the root ball as gently as possible to avoid root damage. Lightly watering the soil can assist this process.

Dig a hole in the new pot or garden that is deep enough to contain the plant's roots. Transfer the seedlings to the hole and pack the soil around the roots, leaving the soil loose near the top and water.

DIY NETWORK CANADA'S YARD CRASHERS AIRS TUESDAYS AT 8 P.M. ET/ 5 P.M. PT)

An adventurous take on steak

These marinated Steak Strips with Gorgonzola Sauce take 20 minutes to prep and just six minutes to grill

NEWS CANADA

▶ The Gorgonzola cheese sauce is the perfect topping for this tender meat.

These steak strips are one of more than 200 recipes for adventurous grillers in Weber's Time to Grill. The recipes are created to save time without sacrificing an ounce of flavour.

Preparation:

1. In a large glass baking dish combine the marinade ingredients. Whisk to dissolve the tomato paste. Submerge the steaks in the marinade. Cover and refrigerate for 2 to 4 hours. Prepare the grill for direct cooking over high heat (450° to 550°F).
2. Lift the steaks from the dish and pat dry with paper towels. Discard the marinade. Lightly brush the steaks with oil and season evenly with salt and pepper. Allow to stand at room temperature for 15 to 30 minutes before grilling. Meanwhile, make the sauce.
3. In a medium saucepan over medium heat, melt the butter. Add the shallot and cook until tender, about 2 minutes, stirring often. Mix in the sour cream and cheese and cook until the sauce begins to simmer and the cheese has melted, about 3 minutes, stirring occasionally. Remove from the heat, add ¼ tsp pepper, and cover to keep warm.
4. Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare–ups occur, move steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Serve warm with the sauce. Garnish with chives, if desired.

NEWS CANADA/ WEBER'S TIME TO GRILL BY JAMIE PURVIANCE (OXMOOR HOUSE)

2% cash back at eligible grocery stores†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think®.

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Ingredients:

Marinade

- 2 cups beef broth
- 1 cup dry red wine
- 1 medium yellow onion, finely chopped
- 2 tablespoons tomato paste
- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra–virgin olive oil
- Kosher salt
- Ground black pepper

Sauce

- 1 tablespoon unsalted butter
- 2 tablespoons minced shallot
- 1 cup sour cream
- 4 ounces crumbled Gorgonzola cheese (1 cup)
- 1 tablespoon finely chopped fresh chives (optional)

THE ASSOCIATED PRESS/ MATTHEW MEAD

▶ This simple rice pilaf serves four.

Rice pilaf doesn't have to come from a box

Make this simple dish using basmati rice, cranberries and almonds

Most people know rice pilaf as a side dish that comes from a box. But it can be so much more.

This speedy recipe for cranberry almond rice pilaf can be on the table in about 25 minutes.

Don't like almonds? Use chopped cashews or pistachios. Dried currants, cherries or golden raisins can sub in for cranberries.

And while we keep the seasonings simple with just a bit of cinnamon, cumin and black pepper, feel free to take this in any direction you like.

Preparation:

1. In saucepan over high heat, combine rice, orzo and broth. Bring to boil, cover, reduce heat to simmer and cook for 10 minutes. Once rice has cooked, quickly stir in cranberries, then cover and set aside for another 5 minutes, stirring occasionally.
2. While rice and cranberries sit off the heat, prepare the rest of the pilaf. In a large skillet over medium heat, melt butter. Add cinnamon, ground cumin and 1 ml (1/4 tsp) black pepper, then cook for 30 seconds. Add onion and sauté until it begins to soften, about 4 minutes. Add sliced almonds and grated carrots, then cook for another 2 minutes.
3. Add rice and cranberries to skillet; toss well. Season with salt and pepper, then mix in chopped scallions. Serve immediately.

THE ASSOCIATED PRES

Ingredients:

- 250 ml (1 cup) basmati rice
- 50 ml (1/4 cup) orzo pasta
- 675 ml (2 3/4 cups) chicken broth
- 75 ml (1/3 cup) dried cranberries
- 45 ml (3 tbsp) butter
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) cumin
- Ground black pepper
- 1 yellow onion, diced
- 75 ml (1/3 cup) almonds
- 125 ml (1/2 cup) carrots
- Salt, to taste
- 2 scallions, chopped

A helping hand, but no handouts

Province won't subsidize but will help try to score Winnipeg NHL team: Premier

Manitoba taxpayers won't subsidize an NHL team in Winnipeg but the province will consider everything else in its power to score the return of professional hockey, Premier Greg Selinger said yesterday.

He said the province isn't involved with the negotiations between True North Sports and Entertainment Ltd. and the Atlanta Thrashers. But provincial officials have been in constant contact with the True North team for over a year about the possibility of bringing a team back to the city, Selinger said.

"We have no interest as a provincial government in supporting the operations of a hockey team," Selinger said.

He then added that doesn't mean Manitoba can't make the city a desirable place for the Thrashers. The province could help with any renovations that might need to be done to the downtown MTS Centre to support a team, he said.

"We will work closely with them to ensure there can be success in Manitoba," he said.

"They'll look after the NHL franchise. If we can do more to support the building, serving a strong public role, we'll consider that."

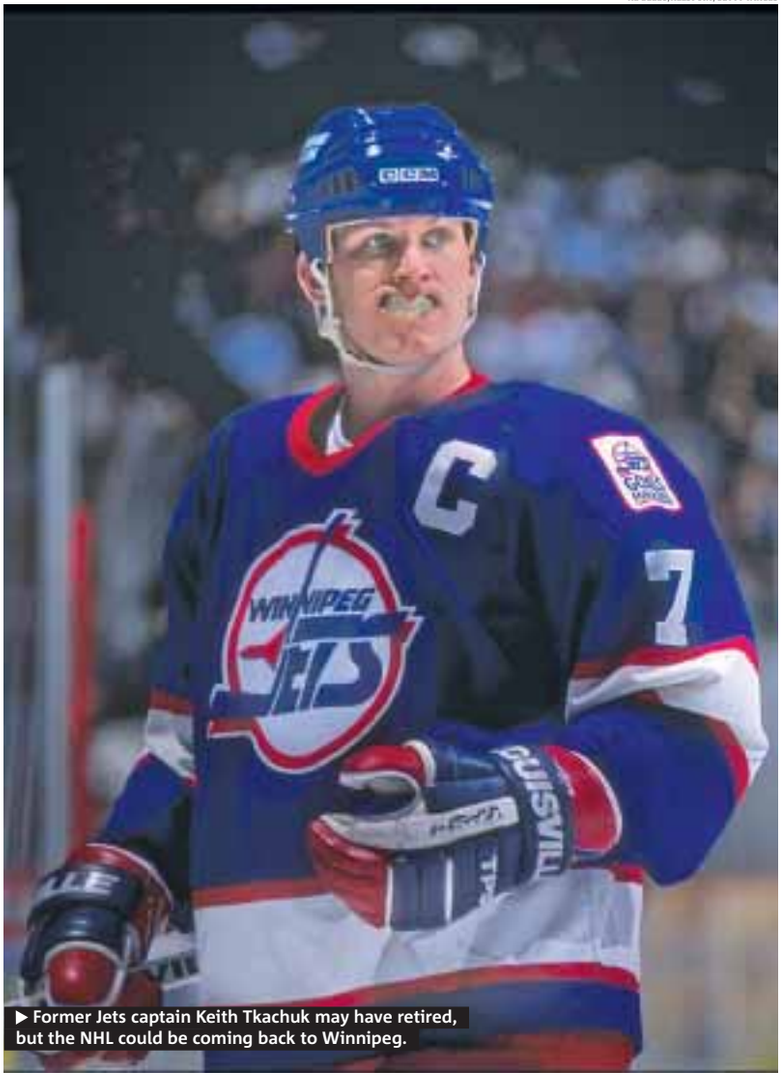
Winnipeg lost its beloved Jets in 1996 when the team moved to Phoenix because of financial problems. Since then, Winnipeg has built a new arena — the MTS Centre — and has argued it can support an NHL franchise once again.

Rumours of a team returning to Winnipeg have been rampant since the team departed and many are skeptical about the latest reports. But excitement is also growing with some fans already debating online over what the prospective team should be called.

The Conference Board of Canada recently released a study evaluating whether Winnipeg and Quebec City could support NHL teams again. It concluded both cities have larger populations than when they lost their teams in the mid-1990s and there is more disposable income in both areas. THE CANADIAN PRESS

"I'm very optimistic that we can support an NHL franchise. I'm excited about the possibility of it coming to Manitoba and, if it comes, it will be a success."
PREMIER GREG SELINGER

AL BELLO/ALLSPORT/GETTY IMAGES



▶ Former Jets captain Keith Tkachuk may have retired, but the NHL could be coming back to Winnipeg.

T-Wolves' Kahn takes back lottery comments

Timberwolves president David Kahn says his comments about the NBA draft lottery were intended as a joke, simply a tongue-in-cheek resignation that fate gave Cleveland the first pick ahead of luck-lacking Minnesota.

After the Cavaliers beat out the Wolves for the top spot Tuesday, Kahn said with a smirk that the league "has a habit" of "producing some pretty incredible story lines."

Cleveland sent owner Dan Gilbert's 14-year-old son for good luck and got the annual ping pong ball pop-up. Minnesota has never secured the first pick in 14 entries.

Kahn said in a statement from the team yesterday that he doesn't believe in "jinxes, curses or hocus pocus" and that he doesn't think the Wolves were wronged. THE ASSOCIATED PRESS

Sports in brief

Jays' bumbles lead to defeat

MLB. Matt Joyce hit a two-run homer and Elliot Johnson drove in three runs last night as the Tampa Bay Rays beat the Blue Jays 6-5 to snap Toronto's six-game winning streak.

The Jays committed five errors, including three in the Tampa's three-run second inning.
THE CANADIAN PRESS

Weir vies for spot in British Open

GOLF. Canada's Mike Weir is one of 78 players entered in Monday's British Open qualifying tournament at Gleneagles Country Club in Plano, Texas.
THE CANADIAN PRESS

4 sports

Quoted

"It's so many emotions, it's hard to explain. It's almost like a dream come true. This team is really proud of itself, we've worked really hard."
RADAMEL FALCAO, AFTER HE SCORED THE WINNING GOAL TO GIVE FC PORTO A 1-0 WIN OVER BRAGA TO WIN THE EUROPA LEAGUE FINAL.

ROCK & ROLL ATTITUDES!
Good Wages, F/T HRS, Start ASAP
No Experience No Problem!
Fun Promos. No Sales. Just talking!
Call Shannon @ 415-7397

Thunder coach at a loss after Nowitzki's brilliant Game 1

Over his 14 seasons in the NBA, Dirk Nowitzki says he's seen pretty much every defence possible.

Well, Thunder coach Scott Brooks is tempted to try the ultimate gamble — the invisible defender.

That's right, nobody. Maybe just someone shouting, "Boo!" or "Don't miss!" whenever Nowitzki loads up to shoot in Game 2 of the Western Conference final tonight.

Brooks surely was joking yesterday when he suggested not guarding Nowitzki. Brooks was still awed and frustrated after the big German made 12-of-15 field goals and set a playoff record by hitting all 24 of his free throws on his way to 48 points in Game 1, the most by anyone this postseason

"There were nine shots that he made, no matter what you did, you couldn't have guarded him any better," Brooks said. "We put everybody on him. We tried to take it out of his hands. The only thing we didn't do was not guard him.

"Maybe tomorrow night, if we want to do something different, we don't challenge him. We play a zone and let him go free."

Nowitzki simply had one of those nights superstars have.

He figures the Thunder will try something different in Game 2.

"I'm going to try to attack like I always do," he said. "If it's not there, I can swing it, pick and roll. We've got a lot of options out there. We have a deep bench. So I don't feel the pressure to force shots, and that's the good thing about this team."

Because Nowitzki had such a historic game, it's easier for the Thunder to find some positives, starting with them keeping things close to the end. If they can do that, they can turn to Kevin Durant, whose 40 points were overshadowed by Nowitzki in Game 1, to try to turn the tide of the series.

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Boston's Nathan Horton celebrates his Game 2 goal against Tampa Bay's Dwayne Roloson.

2% cash back at eligible gas stations.†

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Poor play can't dim Tiger's star power

For his golf, Tiger Woods is about to fall out of the top 10 in the world for the first time in 14 years. For his star power, he still ranks ahead of any other athlete.

Woods, whose last win came 18 months ago at the Australian Masters, will drop to at least No. 11 in the next world ranking published Monday. It will be the first time he is out of the top 10 since he was No. 13 April 6, 1997, the week before he won the Masters for the first time.

Forbes, meanwhile, says he is still the No. 1 celebrity in the sports world.

Woods checks in at No. 6 on Forbes' annual "Celebrity 100" list of the most

STREETER LECKA/GETTY IMAGES

▶ Tiger Woods

powerful people or groups in the entertainment business. Lady Gaga tops the overall rankings, followed by Oprah Winfrey, Justin Bieber, U2 and Elton John.

Miami Heat star LeBron James is the second-ranked athlete behind Woods at No. 10. Kobe Bryant of the Los Angeles Lakers is 14th.

Forbes estimated Woods' total earnings last year to be $75 million US, making him the highest-paid athlete. The magazine put Bryant's earnings for the last 12 months at $53 million, followed by James at $48 million and four-time major winner Phil Mickelson at $47 million.

Woods started the year at No. 2 and has been steadily dropping points. He tied for fourth at the Masters last month, but withdrew from The Players Championship last week because of injuries. He said on his website Monday that he will try to return in June for the U.S. Open.

THE ASSOCIATED PRESS

Breaking through the wall

Top goalies in Boston and Tampa have looked ordinary in East final

Boston and Tampa Bay have played a pair of surprisingly high scoring games and the trend might continue the way the Eastern Conference final is going.

The series is tied 1-1 and the teams have combined for 18 goals.

That kind of offence seemed unlikely heading into the matchup featuring the top two playoff goalies this season. Tampa Bay's Dwayne Roloson and the Boston's Tim Thomas both allowed an average of two goals per game through the opening two playoff rounds.

"They're all-star players, and they're players that are top-notch players in the league," Roloson said yesterday.

"The guys we have on our team and the guys they have on their team, there's going to be times when you can't contain them. They're gifted players, so they're going to take advantage of the chances that they get."

Lightning centre Steven Stamkos agrees.

"You got two teams that know how to score goals," he said. "I think both teams would agree that it was, some of the goals you'd like to have back as a team, and by no means was there really any fault on the goaltenders."

Still, Roloson made a number of outstanding saves during Tampa Bay's Game 1 victory, while Thomas came up big late in Boston's 6-5 win in the second game Tuesday night.

"I saw him in the third, the last five, six minutes we had a lot of grade-A chances," Lightning captain Vincent Lecavalier said of Thomas. "He gave them the win there the last five minutes. We really felt we would tie it up, and we were getting our chances, but he made some huge saves."

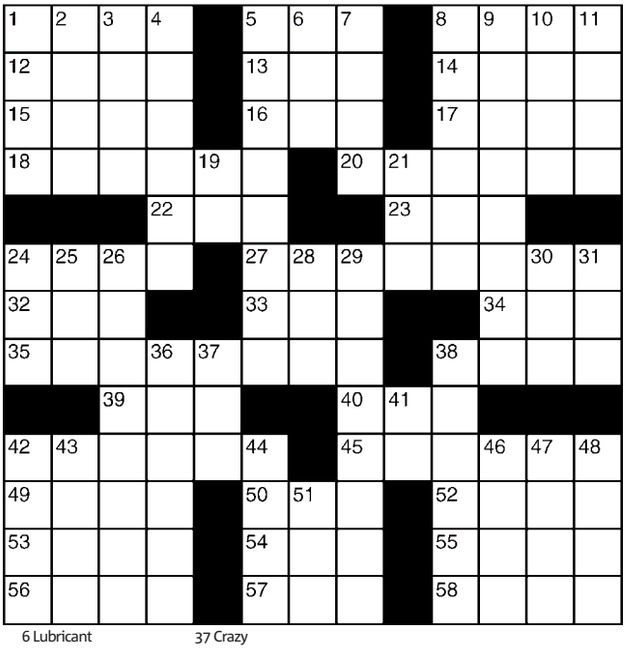
THE ASSOCIATED PRESS

Unlikely snipers

If scoring continues to come from unexpected players the big numbers will continue for both the Bruins and the Lightning in Game 3 in Tampa tonight.

- Boston rookie Tyler Seguin has three goals and three assists in the series. The No. 2 pick in last year's draft didn't play in Boston's first two series.
- Lightning third-liner Sean Bergenheim has eight goals in 13 playoff games, after scoring only 14 in 80 regular-season games.

Crossword



Across

1 Door handle
5 Pigeon's remark
8 Wound cover
12 Modern-day money
13 That guy
14 Collins or Donahue
15 First place
16 "The Greatest"
17 Stow cargo
18 Landlord
20 In layers
22 Blackbird
23 Shell game need
24 Start of the XIIIth century
27 Backed, as a motion
32 Cheery word?
33 — -jongg
34 Gabor or Longoria
35 Severe injuries
38 Worked with
39 Genetic matter
40 Decay
42 Puts up
45 Reactions to a pun
49 Lotion additive
50 Shelter
52 — moss
53 Picnic invaders
54 Bobby of hockey
55 Greek vowel
56 Glas-wegian gal
57 Petrol
58 Unsigned (Abbr.)

Down

1 Ship's spine
2 Undressed
3 Raw rocks
4 Dwarfed potted plant
5 Special appeal
6 Lubricant
7 Skip over
8 Ill will
9 Party game
10 Staffer
11 Evidenced a pinprick
19 Operating
21 Wall St. debut
24 "The A-Team" actor
25 Auto
26 "— of Fire"
28 Consume
29 San Diego squad
30 First lady?
31 Old man
36 If not
37 Crazy
38 Perfect place
41 Otherwise
42 False god
43 Arm bone
44 Trudge (through)
46 Very long time
47 Peacekeeping org.
48 Ollie's partner
51 Historic period

▶ Yesterday's answer

C	A	S	S	■	A	G	O	■	O	H	M	S
A	R	C	H	■	P	O	D	■	L	E	A	P
M	E	A	T	H	E	A	D	■	D	A	T	A
P	A	T	I	O	■	■	S	L	I	D	E	R
■	■	■	C	E	N	T	■	E	E	C	■	■
P	A	C	K	■	O	R	T	S	■	O	R	B
I	D	O	■	G	R	E	E	T	■	L	O	U
P	A	L	■	O	M	E	N	■	A	D	D	S
■	■	■	D	A	W	■	S	T	I	R	■	■
I	O	D	I	N	E	■	■	L	I	M	B	O
S	P	U	R	■	D	U	C	K	S	O	U	P
L	A	C	E	■	E	T	A	■	E	R	S	T
E	L	K	S	■	N	E	W	■	S	E	T	S

Sudoku

				9	4		2	
	4			7				6
	3		8					7
	2	8					4	
			1		2			
	6					1	5	
4					7		8	
9				5			6	
	8		3	6				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Your Majesty, You make me swoon when you wink at me. I enjoy our secrets, lets make some more. Can't wait to bake again, it will be sweet and delicious, like kiwi. XOX **BFFWB**

Laurie , Be at peace. Know that even though we are apart you are in my prayers and thoughts. With God you are never alone. **ME**

ToMr. Tall Handsome Smart and Unavailable: I fell in love with your friendship. I love being around you so much. You'll never know lol.. but now Metro does! **YOUR BEST BBM FRIEND**

Heleny, My Beautiful Princess i love you with all my being. You are the purest, true, special and unique love! Mi Caracolita Hermosa Happy Monthversary! NosVamoossss! **CARLOS, YOUR ETERNAL LOVE**

A look at the weather

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

TODAY	FRIDAY	SATURDAY
Min 10° Max 27°	Min 14° Max 24°	Min 12° Max 22°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You can't stand people who enjoy making drama out of a crisis. Stay calm.

♉ Taurus April 21-May 21 If there's something you need to do, get on with it now.

♊ Gemini May 22-June 21 Look ahead and think of ways you can turn the tables on those who have given you a hard time in recent weeks. Don't be nasty though.

♋ Cancer June 22-July 22 You'll take the opposing view to what everyone believes today. Have your reasons ready so you can explain.

♌ Leo July 23-Aug.23 The pressure is piling up but as a Leo, you're strong enough to take it.

♍ Virgo Aug. 24- Sept. 22 A friend will say something about you today that is less than flattering. Find out why he or she said it.

♎ Libra Sept. 23-Oct. 23 This may be a frustrating time, but cheer up. You've got so much to look forward to.

♏ Scorpio Oct. 24-Nov. 22 If someone gets the impression you are easily manipulated, he or she may try to cheat you later on.

♐ Sagittarius Nov. 23-Dec. 21 Today, you'll become convinced it's time to give up on something that clearly isn't doing you much good.

♑ Capricorn Dec. 22-Jan. 20 . Over the next 24 hours your default position should be that everyone is lying. Can't be too careful.

♒ Aquarius Jan. 21-Feb. 18 You will have to put a project on hold today. Come back to it later.

♓ Pisces Feb. 19-March 20. Make sure you relax and replenish your energy. The next few days will be busy. **SALLY BROMPTON**

Caption contest

NATHAN DENETTE/ THE CANADIAN PRESS

MARCIO JOSE/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

twitter
metro scene
Toronto Weather
5°C Partly cloudy
Metro Toronto Tweets
Poll: Did you watch the Grammys?
Arcade Fire wins album of the year Grammy
'Spider-Man' on Broadway has a horrid week
Betty Garrett, actress in film, TV, Broadway, dies
'King's Speech' big winner at British film awards
Sandler, Aniston barely Bieber at box office
List of Grammy winners in select categories
Latest News
Kia's Sportage SUV shows some muscle
US aid winging French to flood-ravaged Pakistan
Grilled Two-Cheese Sandwich with Tomatoes
Angry rights assistant gets bail, suspended
Banish bare walls by making an 'ewreka!'
Green party's top job not up for grabs
BlackBerry
metro

You'll this.

DOWNLOAD THE NEW METRO APP FOR YOUR BLACKBERRY, iPHONE AND iPAD.

FREE from the BlackBerry App World and the App Store.

App Store

metro